



Connie Beck, Director  
Social Services | Public Health | Behavioral Health

## news release

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July 23, 2025

### Wellness-focused series for young people kicks off Aug. 1

Ever wondered how to build a terrarium? Interested in learning about gardening during the winter months? Young people ages 16 to 26, with experience in foster care, juvenile justice, behavioral health and homelessness are invited to participate in the Humboldt County Transition-Age Youth Collaboration (HCTAYC) and Youth Advisory Board's Wellness Series. Weekly workshops focused on the importance of mental and physical wellness begin Friday, Aug. 1, and run through Friday, Sept. 26.

At the Humboldt County Department of Health & Human Services' (DHHS) Transition-Age Youth (TAY) Division, programming is focused around the Eight Dimensions of Wellness: Emotional, Environmental, Intellectual, Physical, Occupational, Spiritual, Social and Financial. The Wellness Series workshops aim to provide learning opportunities in each of the eight dimensions, promote preventative health and wellbeing skills and connect youth to services at the TAY Division and beyond.

Participants who RSVP to these in-person events will receive workshop supplies and wellness packs and meals, as well as be entered into a raffle to win big-ticket wellness prizes at each event. Space is limited for some workshops. RSVPing is encouraged.

DHHS Social Worker and HCTAYC Youth Organizer Rosemary Shultz said, "The event is an amazing opportunity for young people to learn something new, get connected to and learn about available resources including CalFresh, create memories and practice wellness and self-care."

This year's Wellness Series workshops include:

#### **Build Your Own Terrarium!**

Friday, Aug. 1: 2 to 4 p.m., at TAY (433 M St., Eureka)

#### **Intro to Beachcombing**

Friday, Aug. 8: 1 to 4 p.m., at Clam Beach County Park (Clam Beach Drive,

McKinleyville)

**TAY BBQ**

Friday, Aug. 15: 1 to 3 p.m., at Sequoia Park (W Street and Madrone Avenue, Eureka)

**Balanced Budget Meals**

Friday, Aug. 22: 2 to 4 p.m., at The Center at McKinleyville (1615 Heartwood Drive, McKinleyville)

**Scrappin' Them Totes: Sew and Decorate Tote Bags**

Friday, Sept. 5: 1 to 4 p.m., at TAY

**Journaling for Mental Health**

Friday, Sept. 12: 2 to 4 p.m., at TAY

**Social Prescriptions**

Friday, Sep. 19: 2 to 3:30 p.m., at TAY

**Farms Away! Winter Gardening**

Friday, Sept. 26: 2 to 3:30 p.m., at Sequoia Park

Participants can RSVP 48 hours in advance by emailing [staff@hctayc.org](mailto:staff@hctayc.org), calling 707-476-4922 or visiting [tinyurl.com/2025taywellness](http://tinyurl.com/2025taywellness). Transportation is available upon request. Rapid COVID-19 tests and masks will be available by request as well. Visit [Humboldt.gov/TAY](http://Humboldt.gov/TAY) for a list of Wellness Series events.

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